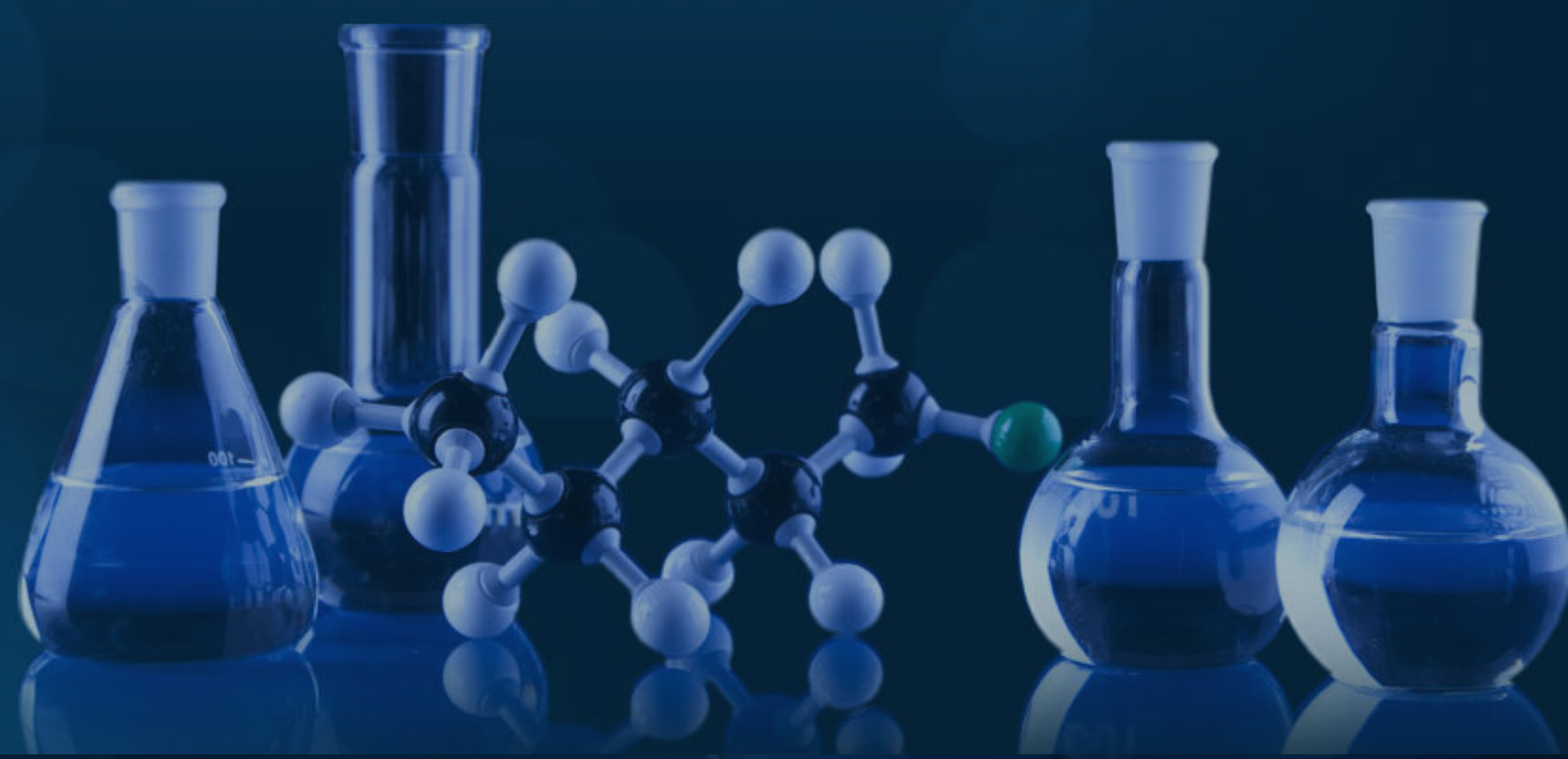




ARL is an Authority on Nutrition and the Science of Balancing Body Chemistry Through Hair Tissue Mineral Analysis!

Hair Tissue Mineral Analysis


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Taking Additional Products – Part 2

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Combining Other Products With Hair Analysis Programs

Many people on nutrition programs ask whether they can continue to take health products in addition to those recommended on their nutritional balancing program. This newsletter will cover a number of these products and their effects on the nutrition program.

The products will be divided into general health products, herbs, specific vitamins and minerals, protein and diet powders and prescription and non-prescription medication.

General Health Products

This group includes many popular items such as bee pollen, spirulina, blue-green algae, kelp, dulse, brewers yeast, Green Magma, barley juice, Km, Vitol, molasses, primrose and flaxseed oil, Willard water, bentonite, montmorillonite and sea mineral preparations.

Most of these products can be taken in small or moderate amounts without significantly interfering with the nutritional balancing program. Most do not contain a significant quantity of any one element that would be likely to disturb the mineral balance. Many are like multivitamin products, in that they contain a small amount of many nutrients.

In general, one should not need to take most of these products if one is on a full nutritional balancing program, but some people benefit by taking added amounts of these general health products.

A few cautions with these products: bentonite and montmorillonite are clay products that are high in aluminum. They should be used only for limited periods of time, or not at all.

Km, Vitol and similar herbal preparations are very high in potassium. While this is helpful for some people, others will not feel well or will not improve while on these products.

On the positive side, many people benefit from extra minerals, such as those contained in kelp and dulse. Willard water is a catalyst that enhances absorption of nutrients and may thus be beneficial.

Herbal Teas

This is an extensive group of products including hundreds of fresh or dried herbs, herbal tinctures and teas. Since it would be impossible to address each herb individually, a general rule is that any herb that is used in moderation – one cup of tea per day, or up to 2 capsules per day, is probably not going to interfere significantly with the nutritional balancing program. However, if one is taking larger doses of herbs, or if one is taking three or more herbal products daily, it would be best to reduce the herbs. They may well interfere with the mineral balance and reduce the effectiveness of the program.

Individual Vitamins, Minerals And Amino Acids

With a few exceptions, the use of vitamins and minerals that are not on one's nutrition program is not recommended. Individual nutrients can have a significant effect upon the mineral balance and therefore upon the results of the program.

However, certain additional nutrients are not harmful and may be helpful. For example, the supplement program rarely includes a chromium supplement, even though extra chromium may be beneficial. Chromium is not suggested because it is lower in priority than some other products. In general, adding chromium (0.5 mg 2x/day) to one's program is acceptable and often advisable. Selenium may also be added to assist mercury and cadmium detoxification. The daily dosage of selenium should not exceed 500 mcg per day.

Vitamins A, E and beta-carotene can safely be added to any nutritional balancing program, provided the dosage does not exceed the usual ranges. For slow oxidizers, extra vitamin C is acceptable and at times necessary. Products containing low amounts of manganese, zinc, copper, vitamins A, C and B6 can be increased, if needed, to fight infections or for injuries.

Digestive aids can be added to any nutritional balancing program without harm. These include acidophilus, pancreas and liver enzymes, bromelain or papain.

Specialty nutrients such as coenzyme-Q10, glutathione, RNA-DNA, superoxide dismutase and others can usually be added to one's program if desired, without upsetting the mineral balance. This does not mean they are needed, only that they can be used if desired.

If one is using a vitamin or mineral that definitely provides relief of a symptom, or is needed for some other reason, one may call a consultant at Analytical Research Labs and inquire about its effect on the nutrition program.

Health And Protein Drinks

Protein drinks often contain some nutrients as well as added sugar. A small serving may be acceptable, but larger quantities may affect blood sugar or the mineral balance and should be avoided.

Medications

Medications should not be discontinued when one begins a nutrition program. If symptoms improve, one should consult preferably with the physician who prescribed the medication, regarding discontinuation. Over the counter medication should be discontinued unless needed.

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